

Determine food habits of pupils, using a variety of methods. Evaluate habits in terms of a nutritional yardstick.

Have students make plans for self-improvements as a home experience.

Check food habits further to see what changes have taken place.

Make some health slogans relating to food for use in school.

Put on a health skit in chapel or at some group meeting, emphasizing the relation of food habits to personal appearance and health.

Observe food habits in the lunchroom and summarize your observations. Discuss ways by which the class may participate in or direct an activity or project in improving food habits.

*What do I need to know in order to prepare and serve attractive, palatable and nourishing meals with minimum expenditure of time, energy and money?*

Make a tour of the homemaking department to get acquainted with equipment and storage spaces.

Demonstrate what to wear in the laboratory; how to follow a recipe, emphasizing the efficient use of equipment, accurate measurement and correct mixing; and efficient methods of stacking and washing dishes.

Plan a nutritious simple meal and evaluate in terms of nutritional yardstick, using as a main dish: a salad, sandwich, casserole dish, soup, vegetable, stew, eggs or cereal.